



HERITAGE·CENTER

NEWSLETTER

March
April
2012

A RECREATION CENTER FUNDED AND OPERATED BY MURRAY CITY DEDICATED TO ENHANCING THE QUALITY OF LIFE FOR ADULTS AGE 55+.

Services Offered

-
- Arts & Crafts
-
- Cultural Programs
-
- Daily Lunch
-
- Education
-
- Exercise
-
- Health Services
-
- Information & Referral
-
- Recreation
-
- Socialization
-
- Transportation
-
- Travel
-
- Volunteer Opportunities
- Open Monday through Friday
8:00-4:30
Thursday
8:00-10:00

Director's Report by Susan H. Gregory

Volunteers Make A Difference - Can you help?

This month I thought I'd share some information about the Heritage Center volunteer program. The Center relies on volunteers to help with all programs and services. Currently we have 80 regular volunteers helping at least once a week volunteering their time, energy, and skills for the benefit of others. Last year, Heritage volunteers contributed close to 7,000 hours of service. I want to express my appreciation and gratitude to all of the Heritage volunteers for the wonderful help they provide.

I often hear people say how busy they are now that they are retired and how they can't believe they got anything done when they were working. So why volunteer? Well, I asked a few volunteers and this is what they said; "Because I like to be around people", "Because it's fun", "It's a great way to start the day", "I like to meet people", "I want to help."

The Center is always looking for more volunteers. Currently, we are in need of the following; front desk receptionist, dishwasher, dance set up, custodial help, bingo caller, computer instructor, gardener for small grow box, class instructors, and more. If you are interested in volunteering, it's an easy process. A short volunteer application and interview is needed so staff can get an idea of your interests and talents and let you know what is available. You can contact Susan, Maureen, Wayne, or April to setup an interview.

Volunteering has a meaningful, positive impact on the community. Will you get involved?

-- *Susan H. Gregory*

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INSIDE THIS ISSUE ARE DESCRIPTIONS OF UPCOMING PROGRAMS, CLASSES, AND SERVICES.
KEEP THIS COPY AS A REFERENCE FOR YOURSELF AND OTHERS. ONE COPY PER FAMILY PLEASE.
DONATIONS TO HELP COVER THE COST OF THIS NEWSLETTER ARE APPRECIATED.

Advertisements

The Heritage Newsletter accepts sponsors who are eager to convey their message to our audience and to support production of this publication. Camera-ready copy is required and must be received by the 10th of the month preceding publication.

Rates, based on a one issue insert:

\$200 full page

\$100 half page

\$50 1/4 page

\$25 1/8 page

Multi-issue discounts are available. Request a rate card by calling or writing the Center:

Heritage Center
#10 E. 6150 S.
Murray UT 84107
801-264-2635
fax 801-284-4233

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Personal notices are charged the rate of 50¢ per line per issue.

♦♦♦

Special Accommodations

Persons needing special accommodations to participate in activities at the Center are requested to inquire at the front desk. The Center will make every effort to assist hearing, vision, or physically impaired participants if notified at least three working days in advance of the need. ♦

Heritage Newsletter

This newsletter is produced monthly by the Heritage Center staff and is available to center participants. The Heritage Center is funded and operated by Murray City.

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Chief of Staff

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♦♦♦

Heritage Center Staff:

Director

SUSAN H. GREGORY
Program Coordinator

MAUREEN GALLAGHER

WAYNE OBERG

Secretary

APRIL CALLAWAY

RECEPTIONIST

MARY HALL

Ceramic Instructor

CINDY MANGONE

Meals Supervisor

CALLI JOHNSON

Meals Assistant

CHARLOTTE JOHNSON

Kitchen Helper

ERIC FREDRICKSON

CUSTODIAN

DON SMITH

Vehicle Driver

ROBERT HIMES

FERN MARTIN

Building Attendant

PETE WRIGHT

♦♦♦

Heritage Advisory Board

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JON UEBELHACK

Newsletter Cost

The suggested donation for this publication is 75¢. Subscriptions are available for \$18 per year and mailed to your home. ♦

Notary Available



Susan Gregory, Heritage Director, is a Notary and available to sign documents that need to be notarized. Susan is not always available so appointments are encouraged. ♦

Copies/Shredder

You can get a copy made at the front desk for 10¢ per page. Copies are limited to 10 and are in black and white. ♦

Gifts

Gift certificates are available for any program offered at the Center. A one day notice is needed for gift certificates. If your son, daughter, grandchildren, or friends don't know what to give you for your birthday, suggest a gift certificate, a credit on your Heritage account, or a week's supply of lunch coupons. ♦

Credit Cards



The Heritage Center accepts all major credit cards for activity payments at the Center. Credit cards may be used to make reservations for classes and activities over the phone or in person. ♦

COMPUTERS...COMPUTERS...COMPUTERS...

Computers

The computer lab has 7 personal computers with Windows XP, Microsoft Word, Corel Word Perfect and Internet access. The Center also has wireless Internet in the building. The instructor computer has the program R/C Flight Simulator installed for the flying enthusiast. A webcam is available to check out at the front desk and is used for calling friends and family on SKYPE.

Computers are available any time a class is not being held. There is no charge to use the computers but printing is 5¢ per page.

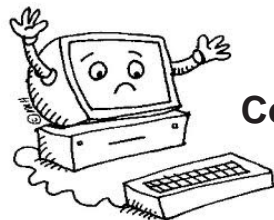
Classes are set based on interest. Interest sheets are available at the front desk. Group as well as private lessons are offered.

Basic I Class - 4 sessions - Tues./Thurs. March 13, 15, 20, 22, 10:00-11:15. Cost \$10. This class is for the beginner who would like to learn how to get around in Windows as well as basic word processing. Instructor Bill Park. Please let the front desk know if you have NEVER used a mouse.

Basic Facebook - 3 sessions - Tues./Thurs. March 27, 29, April 3 10:00-11:15. Cost \$10. Instructor Sheri Park.

Basic II Class - 4 session - Tues./Thurs. April 10, 12, 17, 19, 10:00-11:15. Cost \$10. This class provides more information on word processing, file structure, and topics generated from the class.

Private Lessons - sign up for private help with Bill or Sheri Park on Tuesday or Thursday mornings at 10:15 or Susan Gregory on Thursdays at 1:00 or 2:00. Cost is \$5 per class. Come with questions. ♦



Help Help Help

Computer Instructors Needed for Group and Private Computer Classes

Volunteers also needed to answer question during Lab Hours

See Susan if interested - - sgregory@murray.utah.gov

Tip #1

Sticky Notes are just like post-it notes and are a feature on Windows 7. You can use Sticky Notes to write a to-do-list, jot down a phone number, or anything else you'd use a pad of paper for. You can even change the color. Post them on your desk top and delete them when needed.

MISC...MISC...MISC...

Wall of Support

The Wall of Support located in the courtyard provides a chance for Heritage participants, friends and family, to leave a personalized message, which in turn supports projects, programs, and services offered at the Center. A small tile costs \$125 and provides three lines of text. A large tile costs \$250 and has six lines of text. Order forms are available at the front desk.

Thank you to the family of Don Smith who purchased a tile for Don's birthday. The tile will be installed in the spring and will read:

Don Smith aka Dusty
Boots Cowboy Poet
and his wife Connie

Quilt Winner

Thank you to everyone who purchased quilt raffle tickets. The quilt was given away last month at the Valentine's Day event and the lucky winner was Carolyn Draper.

The total money raised was \$653. Thank you to Leda Wright, Barbara Connell, and the IMC Volunteer Quilters for making the quilt.

Thank you for your support!!

www.medicare.gov
**Find help with all Medicare
questions & services**



HEALTH SERVICES

Blood Pressure & Glucose Checks
First & Third Thursday - 11:00-12:00



Upcoming Clinics

Blood Pressure/Glucose Checks

Thursday, March 1 - 11:00-12:00
Thursday, March 15 - 11:00-12:00
Thursday, April 5 - 11:00-12:00
Thursday, April 19 - 11:00-12:00

Pain Management/Movement

Thursday, March 15 - 12:45
Thursday, March 29 - 12:45

Living with Neuropathy Pain

Thursday, March 22 - 10:30

Podiatrist/Toenail Clipping

Thursday, April 19 - 9:00-12:00

Thursday, March 15 - 12:45-1:45

Thursday, March 29 - 12:45-1:45

Pain Management Through Movement

Do you have chronic aches and pains? Do you feel kinks in your body that don't seem to go away?

Mallory Rogers, certified fitness instructor, Miss Murray 2011-2012, is experienced in dealing with pain management. She will be back at the Center for classes on **Thursday, March 15 and March 29 at 12:45**. These FREE classes will be directed toward alleviating muscle, joint, back and neck pain. Through simple exercises you can regain mobility and comfort in your body. The workout can be done standing or seated in a chair. ♦

Thank You

A special thanks to Harmony Home Health & Hospice and Eclipse Home Health for providing the blood pressure & glucose checks each month. The service is free and held the 1st and 3rd Thursday of every month from 11:00-12:00 in the lobby. ♦

Thursday, March 22 - 10:30

Living with Neuropathy Pain

On **Thursday, March 22 at 10:30**, Dr. Todd Singleton will be at the Center to discuss Neuropathy, a nerve condition often associated with numbness, tingling, and pain.

If you suffer from any of the following:

- ☐ Numbness of your feet
- ☐ Painful tingling feet
- ☐ Night-time discomfort
- ☐ Pin-like sensation with each step

Have you ever been told...?

- ☐ You have Neuropathy
- ☐ Live with the pain, nothing can be done

If you answered YES to any of these questions, you're in LUCK. Dr. Singleton will explain to you why you are having this problem in the first place and what you can do to reverse this degenerative nerve disease and relieve the symptoms and pain. Free - sign up now. ♦

Thursday, April 19 - 9:00-12:00

Podiatrist

Dr. Steven Royall, a local Podiatrist, will be at the Heritage Center on **Thursday, April 19 from 9:00-12:00** to provide toenail clippings and routine foot screenings. *Dr. Royall is unable to provide services for people who are diabetic or on blood thinners.*

The **cost is \$10 for the clippings and payment is required when making your appointment.** You can sign up now at the front desk for this service. ♦

Wednesday, May 30 - 9:00-12:00

National Senior Health & Fitness Day



Mark your calendar for **Wednesday, May 30** for the 19th annual National Senior Health & Fitness day. The common goal for this day: **To help keep older Americans healthy and fit.**

Plan on joining us at the Heritage Center on **Wednesday, May 30** for a **free** morning of activities including a fitness walk, vendors, prizes, exercise demonstrations, and lunch. Look for more information in the May newsletter. ♦

EXERCISE...EXERCISE...EXERCISE...EXERCISE...EXERCISE...EXERCISE

NIA

Mondays

9:00 - 10:00

\$10 per month, punch pass, or \$3

MEDITATION

Mondays

10:30-11:30

\$10 per month, punch pass, or \$3

STRENGTH CONDITIONING

Mondays & Thursdays

2:00-3:00

\$15 per month, punch pass, or \$3
Newcomer orientation at 1:45 on
March 5 and April 12

STRETCH & TONE

Tuesdays & Thursdays

9:00-10:00

\$15 per month, punch pass, or \$3

TAI CHI

Tuesdays & Thursdays

10:30 - 11:30

\$15 per month, punch pass or \$3

LINE DANCING

Tuesday Everyone

10:15-11:45

Tuesday Beginners

2:00-3:00

\$1.50 per class

CHAIR A-ROBICS

Wednesdays and Fridays

11:15-11:45 Free

YOGA

Wednesdays & Fridays

10:00-11:00

\$15 per month, punch pass, or \$3

ZUMBA

Fridays

9:00-10:00

\$10 per month, punch pass, or \$3

OPEN EXERCISE ROOM

Open for use daily

\$5 per month or \$1 per visit
Treadmill, Recumbent Bike, Hand
& Leg Weights, Weight Machine

Tuesdays & Thursdays - 12:30

U of U Exercise & Sports Volunteers

Students from the U of U Exercise and Sports Department are in the exercise room every **Tuesday and Thursday from 12:30-2:00**. The students can help you get the machines started, support your exercise program, and answer any questions.

The students are also offering a balance class during this time period, which meets in the East Conference room starting around 1:00.

You will find a Sign-Up sheet in the exercise room for one-on-one exercise assistance. List the time you want to meet with these students and they will do their best to assist you in your exercise goals. Everyone is welcome to come to the exercise room and meet with the students without a sign-up. Jump start your exercise program! Don't miss this opportunity.

The exercise room cost is \$5 a month or \$1 a day. ♦

Zumba - Fridays - 9:00-10:00

Jennifer Kleinschmidt, certified Zumba instructor, is teaching Zumba on **Friday mornings from 9:00-10:00**. The cost is **\$10 a month, \$3 drop-in or use your punch card**.

Zumba is a Latin based aerobic dance, that combines Merengue, Cumbia, Salsa, and Afro-Cuban moves. This combination of steps helps build grace, strengthens thru stretching, increases heart rate, and adds fun to your life.

If you have grown tired of old traditional exercise then you might want to try Zumba for fun and fitness. This workout is very effective at burning fat and calories by combining a variety of rhythms and dance moves.

You can burn about 500 to 1000 calories with this exercise in a one hour session.

Zumba decreases body fat at a greater rate than aerobic or cardiovascular exercise. Come enjoy the many benefits of Zumba! ♦

Meal Reminders

● Please bring napkins, plates, utensils, etc. when bringing a treat for a birthday or special celebration. The kitchen can't furnish these supplies.

● If you take black chairs from the carpeted area in the dinning room, please replace it with a folding chair. Then when you are done with it, switch the chairs back. Thank you! ♦

RECREATION...RECREATION...RECREATION...RECREATION...RECRE

Tuesday, March 13 - 10:30

Irish Storytelling

On **Tuesday,**
March 13 at 10:30

Michael Donovan
formerly from
Cashel Co. Tipperary, Ireland will
be at the Center for some old fashion-
ed Irish Storytelling.



Many of you may have heard of
Irish Storytelling but have never had
the opportunity to experience it first
hand. Tales are handed down, not
through reading but from recitation.

The Irish are notoriously fond of
hearing tales and poetry recited. In
Ireland there are professional
shanachies (means a bearer of “old
lore”) whose duty it is to know by
heart numerous old tales, poems,
and historical pieces, and to recite
them at festive gatherings, for the
entertainment of the chiefs and their
guests. As in many cultures
storytelling was used to preserve the
History and Culture of the Irish
people.

Storytelling has a multifaceted
historic purpose including: education
of children and adults, history keep-
ing, law making, conflict resolution,
community decision-making, and
mental healing. Many of these uses
are still applied by storytellers today.

As such, storytellers were (up
until the last 300 years) members of
the elite class in many cultures includ-
ing the Celtic. Throughout history
storytellers were valuable advisors
to the Clan Chiefs and leaders.

No registration needed, bring a
friend. ♦



Irish Poem

*A Wish for a friend --
Wishing you a rainbow
For sunlight after showers
Miles and miles of Irish smiles
For golden happy hours
Shamrocks at your doorway
For luck and laughter too,
And a host of friends that never ends. ♦*

Celebrate St. Patrick's Day

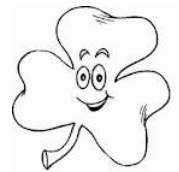
Rinceoiri Don Spraoi - Friday, March 16 - 11:00

Rinceoiri Don Spraoi Irish Step Dancers will be performing on **Friday, March 16 at 11:00** before lunch. The regular lunch and special bingo will follow. The cost is \$4 and payment is needed when making the reservation.

The Rinceoiri Don Spraoi; pronounced “rin-cory don spree” in Gaelic, their name means: “dancing for fun”. This Salt Lake Valley based school provides an Irish dance education solely for the love of Irish culture and dance.

The dancers come from all walks of life. They have families, school, jobs, and many other activities in addition to attending the Rinceoiri Don Spraoi School. They will perform reels, jigs, and traditional figure dances from which the dancers have gained cultural knowledge of Ireland and the Irish people including: music, dance, folklore, and history.

Come and enjoy lunch and special bingo to follow. Lunch will include Beef and Guinness Pie, Baked Cabbage with Bacon, Roll and Butter, Irish Cream Chocolate Mousse Cake, & Irish Rose Beverage. See if the “Luck of the Irish” is with you and stay for the special bingo that will follow lunch (approximately 12:45.) Special prizes have been donated by Memorial Cemeteries & Mortuaries. Don't forget to wear your St. Patrick's Day GREEN. ♦



Pinochle Luncheon - Wednesday, April 18

The Pinochle Players are going to the Golden Corral on **Wednesday, April 18**, after the Pinochle Tournament. They will be using their “Going Set Fund” to help pay for lunch. The lunch signup sheet can be found on the Pinochle board in the ceramic room. Throughout the year, Pinochle players make a bid during Pinochle play and if they don't make that bid they have to pay a dime. These dimes have added up and will help to pay for the lunches.

Pinochle is played every Wednesday at 9:15. No registration necessary. Cost is \$2 to enter the game. Stop by and join the fun. ♦

RECREATION...RECREATION...RECREATION...RECREATION...RECRE

Mondays at 1:00

Monday Movies

Monday movies are shown in the dining room or computer lab on the large screen. **Movies begin at 1:00 and the popcorn is free!**

March 5 – **Larry Crowne**, 2011 – 99 minutes.

March 12 – **One Day**, 2011 – 108 minutes.

March 19– **Tree of Life**, 2011 – 139 minutes.

March 26 – **In Time**, 2011 – 109 minutes.

April 2 - NO MOVIE today, staff in all day training.

April 9 – **Moneyball**, 2011 – 133 minutes.

April 16 – **I Don't Know She Does**, 2011 – 139 minutes.

April 23 – **Contagion**, 2011 – 106 minutes.

April 30 – **Dolphin Tale**, 2011 – 113 minutes. ♦

Tuesday & Thursday - 12:30

Mexican Train

Come in for lunch any **Tuesday** or **Thursday** and our volunteer Aaron Saathoff will be in the dining room to explain the game of *Mexican Train*. Play will begin as soon as those who signed up for lunch have finished (usually around 12:30). It's an easy domino game to learn. Bring a friend or come alone. The game is generally played with 2 to 8 players. Plan on spending a few hours learning this new game and meeting some new friends. It's FREE and lots of fun! ♦

Golf Season General Meeting March 26 - 10:30

The Heritage Center's Golf League will begin this year with the general meeting of all interested players on **Monday, March 26 at 10:30** at which time the schedule will be reviewed (possible changes made) and local rules for this season's play outlined.



Golf tournaments are for those 55+ who have attained a basic level of golf skill which will allow them to compete in 18 holes of play at a pace comparable to the 100 or more players who will participate in each tournament. Those players who have not participated in this league in the past, but may wish to participate this season, should come to the general meeting on March 26 for basic orientation. Tournament play will commence on April 9 at Mtn. View Golf Course. A tentative tournament schedule appears below. Fees for each tournament include green fees, electric cart, and prizes. A one time registration fee of \$7 is to be paid when registering for the first tournament played. The data below reflects the date of play, shotgun start time, course to be played, and tournament fee. All tournament fees must be paid at least one week before the tournament.

Tentative 2012 Season Schedule:

4/9 - 8:30 Mountain View	7/30 - 8:00 Round Valley
4/23 - 8:00 Rose Park Scramble	8/13 - 7:30 Mtn. Dell
5/7 - 8:00 Glenmoor	8/27 - 7:30 Davis Park
5/21 - 8:00 Murray Parkway	9/10 - 8:00 Talons Cove
6/11 - 7:30 Riverbend	9/24 - 8:30 Meadowbrook
6/25 - 8:00 Wasatch	
7/9 - 7:30 Valley View	10/1 - Season End Banquet

Tips by Emily Morsello - ahealthiermichigan.org

Don't Be April Fooled: 3 Health Tips

1. You can Indulge (In Moderation). Allow yourself the treats you want, but in moderation. For example, enjoy one Hershey Kiss instead of a whole candy bar.

2. You Should Set Attainable Health Goals. Most of us have room for improvement, especially when it comes to health. Many folks are looking for a quick diet fix, but we should focus on goals we can reach. Plan your steps wisely and establish a time frame that allows you to carry out your steps.

3. You Can Lose The Weight. Try all of the fad diets you want but until you add movement to your day, you probably won't be successful. BUT YOU CAN be successful if you burn more calories than you take in. Start adding movement to your health plan today! ♦

	MONDAY	TUESDAY
<div>Heritage Center Events</div> <div>Heritage Center</div> <div>#10 E. 6150 S. (west of State Street) 264-2635 www.murray.utah.gov heritage@murray.utah.gov</div> <div>we are here to serve you</div> <div>Monday-Friday 8:00-4:30 and Thursday until 10:00 PM</div>		
	<div>9:00 NIA</div> <div>9:00 IMC Quilters</div> <div>10:00 Bridge</div> <div>10:30 Meditation</div> <div>1:00 Movie</div> <div>2:00 Strength Conditioning</div> <div>5</div>	<div>8:30 Ceramics</div> <div>9:00 Stretch / Haircuts</div> <div>10:15 Line Dancing</div> <div>10:30 Tai Chi</div> <div>11:00 Canasta</div> <div>12:00 Lunch</div> <div>12:30 Exercise Help</div> <div>12:30 Mexican Train</div> <div>12:45 Crafts</div> <div>2:00 Beginning Line Dancing</div> <div>6</div>
	<div>9:00 NIA</div> <div>9:00 IMC Quilters</div> <div>10:00 Bridge</div> <div>10:30 Meditation</div> <div>1:00 Movie</div> <div>1:00 Skin Care</div> <div>2:00 Strength Conditioning</div> <div>12</div>	<div>8:30 Ceramics</div> <div>9:00 Stretch / Haircuts</div> <div>10:15 Line Dancing / Basic I</div> <div>10:30 Tai Chi</div> <div>10:30 Irish Storytelling</div> <div>11:00 Canasta</div> <div>12:00 Lunch</div> <div>12:30 Mexican Train</div> <div>12:30 Exercise Help</div> <div>12:45 Crafts</div> <div>2:00 Beginning Line Dancing</div> <div>13</div>
	<div>9:00 NIA</div> <div>9:00 IMC Quilters</div> <div>10:00 Bridge</div> <div>10:30 Meditation</div> <div>1:00 Movie</div> <div>2:00 Strength Conditioning</div> <div>19</div>	<div>8:30 Ceramics</div> <div>9:00 Stretch / Haircuts</div> <div>10:15 Line Dancing / Basic I</div> <div>10:30 Tai Chi</div> <div>11:00 Canasta</div> <div>12:00 Lunch</div> <div>12:30 Exercise Help</div> <div>12:30 Mexican Train</div> <div>12:45 Crafts</div> <div>2:00 Beginning Line Dancing</div> <div>20</div>
	<div>9:00 NIA</div> <div>9:00 IMC Quilter</div> <div>9:30 AARP Driving Class</div> <div>10:00 Bridge</div> <div>10:30 Meditation</div> <div>10:30 Golf Meeting</div> <div>1:00 Movie</div> <div>2:00 Strength Conditioning</div> <div>26</div>	<div>8:30 Ceramics</div> <div>9:00 Stretch / Haircuts</div> <div>10:15 Line Dancing / Facebook</div> <div>10:30 Tai Chi</div> <div>11:00 Canasta</div> <div>12:00 Lunch/12:30 Exercise</div> <div>12:30 Mexican Train</div> <div>12:45 Crafts</div> <div>2:00 Beginning Line Dancing</div> <div>27</div>

WEDNESDAY	THURSDAY	FRIDAY
	<div>8:30 Ceramics</div> <div>9:00 Stretch & Tone</div> <div>10:30 Tai Chi</div> <div>11:00 Blood Pressure/Glucose</div> <div>12:00 Lunch / 12:30 Exercise Help</div> <div>12:30 Mexican Train</div> <div>12:30 Exercise Help</div> <div>12:45 Happy Hatters</div> <div>1:00 Square Dancing</div> <div>2:00 Strength Conditioning</div> <div>5:00 Weight Watchers</div> <div>7:00 Dance</div> <div>1</div>	<div>9:00 Zumba</div> <div>9:00 Spanish</div> <div>10:00 Yoga</div> <div>11:15 Chair A'Robics</div> <div>12:00 Lunch</div> <div>12:00 Massage</div> <div>12:45 Bingo</div> <div>1:00 Bridge</div> <div>2</div>
<div>9:00 Painting</div> <div>9:00 Tooee Breakfast</div> <div>9:15 Pinochle</div> <div>9:30 Computer Lab</div> <div>10:00 Yoga</div> <div>11:15 Chair A'Robics</div> <div>12:00 Birthday Wednesday</div> <div>12:45 Bingo</div> <div>1:00 Bridge</div> <div>1:00 Taxes</div> <div>7</div>	<div>8:30 Ceramics</div> <div>9:00 Stretch & Tone</div> <div>10:00 Tai Chi</div> <div>12:00 Lunch</div> <div>12:30 Mexican Train</div> <div>12:30 Exercise Help</div> <div>1:00 Square Dancing</div> <div>2:00 Strength Conditioning</div> <div>5:00 Weight Watchers</div> <div>7:00 Dance / UTE RC</div> <div>8</div>	<div>9:00 Zumba</div> <div>9:00 Spanish</div> <div>10:00 Yoga</div> <div>11:15 Chair A'Robics</div> <div>12:00 Lunch</div> <div>12:00 Massage</div> <div>12:45 Bingo</div> <div>1:00 Bridge</div> <div>9</div>
<div>9:00 Painting</div> <div>9:15 Pinochle</div> <div>9:30 Computer Lab</div> <div>10:00 Yoga</div> <div>11:00 Attorney</div> <div>11:15 Chair A'Robics</div> <div>12:00 Lunch</div> <div>12:45 Bingo</div> <div>1:00 Bridge</div> <div>1:00 Taxes</div> <div>14</div>	<div>8:30 Ceramics</div> <div>9:00 Stretch & Tone</div> <div>10:00 Aquarium / 10:15 Basic I</div> <div>10:30 Tai Chi</div> <div>11:00 Blood Pressure/Glucose</div> <div>12:00 Lunch / 12:30 Exercise</div> <div>12:30 Mexican Train</div> <div>12:45 Happy Hats / Pain Manage</div> <div>12:45 Pain Mgmt Class</div> <div>1:00 Sq. Dancing / 2:00 Strength</div> <div>5:00 Weight Watchers</div> <div>7:00 Dance</div> <div>15</div>	<div>9:00 Zumba</div> <div>9:00 Spanish</div> <div>10:00 Yoga</div> <div>11:00 Irish Step Dancers</div> <div>11:15 Chair A'Robics</div> <div>12:00 Lunch</div> <div>12:00 Massage</div> <div>12:45 Bingo</div> <div>1:00 Bridge</div> <div>16</div>
<div>9:00 Painting</div> <div>9:15 Pinochle</div> <div>9:30 Computer Lab</div> <div>10:00 Yoga</div> <div>11:15 Chair A'Robics</div> <div>12:00 Lunch</div> <div>12:45 Bingo</div> <div>1:00 Bridge</div> <div>1:00 Taxes</div> <div>1:00 Let's Talk</div> <div>21</div>	<div>8:30 Ceramics</div> <div>9:00 Stretch & Tone</div> <div>10:15 Basic I</div> <div>10:30 Tai Chi</div> <div>10:30 Neuropathy Class</div> <div>12:00 Lunch / 12:30 Exercise</div> <div>12:30 Mexican Train</div> <div>1:00 Square Dancing</div> <div>2:00 Strength Conditioning</div> <div>5:00 Weight Watchers</div> <div>7:00 Dance</div> <div>22</div>	<div>9:00 Zumba</div> <div>9:00 Spanish</div> <div>10:00 Yoga</div> <div>11:15 Chair A'Robics</div> <div>12:00 Lunch</div> <div>12:00 Massage</div> <div>12:45 Bingo</div> <div>1:00 Bridge</div> <div>23</div>
<div>9:00 Painting</div> <div>9:15 Pinochle</div> <div>9:30 Computer Lab</div> <div>10:00 Yoga</div> <div>11:15 Chair A'Robics</div> <div>12:00 Lunch</div> <div>12:45 Bingo</div> <div>1:00 Bridge</div> <div>1:00 Taxes</div> <div>28</div>	<div>8:30 Ceramics / 9:00 Stretch</div> <div>9:30 Museum / 10:15 Facebook</div> <div>10:30 Tai Chi</div> <div>12:00 Lunch / 12:30 Exercise</div> <div>12:30 Mexican Train</div> <div>12:45 Pain Mgmt Class</div> <div>1:00 Square Dancing</div> <div>2:00 Strength Conditioning</div> <div>5:00 Weight Watchers</div> <div>7:00 Dance</div> <div>29</div>	<div>9:00 Zumba</div> <div>9:00 Spanish</div> <div>10:00 Yoga</div> <div>11:15 Chair A'Robics</div> <div>12:00 Lunch</div> <div>12:00 Massage</div> <div>12:45 Bingo</div> <div>1:00 Bridge</div> <div>30</div>

RECREATION...RECREATION...RECREATION...RECREATION...RECRE

Billiards and Indoor Shuffleboard



Pool equipment and indoor Shuffleboard are provided for your recreational enjoyment during the Center's hours of operation. Visit the pool room at the east end of the building and shoot a rack. New players are welcome. ♦

Pinochle - Wednesdays at 9:15

Pinochle tournaments are held on **Wednesday** mornings at 9:15 am. Players must check in no later than 9:00. No advance sign-up is required. The cost is \$2 and is paid tournament day. Copies of tournament rules are posted on the bulletin board. ♦



Bridge - Mon. at 10:00 and Wed. & Fri. at 1:00

Informal Bridge play (Chicago/Party) is held on **Monday** at 10:00 and **Wednesday** and **Friday** afternoons from 1:00-4:00. Some players arrive early to practice and start finding first-round partners. If an even number of players are not available when the play begins then the last person to arrive will be rotated in or three handed bridge will be played if needed. Copies of the bridge play guidelines are posted on the bulletin board in the card room. ♦

Canasta Games - Tuesdays 11:00 - 2:30



Canasta games are conducted on Tuesdays from 11:00 to 2:30 with a break at noon for the Center's lunch. Beginners are welcome, all games are free, and anyone can join in on the fun. ♦

Birthday Wednesday - March 7 and April 4

Celebrate your birthday on the first Wednesday of the month and you could win a free lunch. The lunch is on us if you're turning 60, 70, 80, 90... this month (just tell the person collecting the money you've hit a decade). ♦

Bingo - Wednesday & Friday at 12:45



Bingo is played every **Wednesday** and **Friday** immediately following lunch. Bingo is free and winners receive a \$5 gift certificate to Smith's Grocery or Village Inn Restaurant. Donations are appreciated and used to purchase the certificates and prizes for bingo days. A special *THANK YOU* to Village Inn for donating a pie each week for the elimination bingo game. Stop in for a meal and say thanks. ♦

Tuesdays 10:15 & 2:00

Line Dancing

Enjoy some great exercise, stimulate your brain, and meet friends. **Tuesdays at 10:15** for all dancers and **Tuesday** afternoon at **2:00** for Beginners. The cost is \$1.50 and is paid the day of class and placed in the box on the stage. The instructor is Shirlene Lundskog who dances with the Sandy Line Dance performing group. ♦

Thursdays 1:00-2:30

Square Dancing

Kick up your heels with Square Dance caller Don Carlton on Thursdays afternoons from 1:00-2:30. The cost is \$1.50 per day and is paid when you arrive.

Don has been calling and conducting classes for more than 40 years. Bring a friend and give it a try. ♦

1st & 3rd Thursday at 12:45

Happy Hatters

The Heritage Center Red Hat Society chapter meetings are held on the **1st Thursday** each month at **12:45** to play BUNCO and Mexican Train and on the **3rd Thursday at 12:45** to play Hand & Foot. The next meetings are on Thurs., March 1 & 15, April 5 & 19. Information sheets are available at the front desk. ♦

THURSDAY EVENING...THURSDAY EVENING...

Thursday Evening Center open until 10:00 PM

The Center is open until 10:00 PM on Thursday evenings. Enjoy the computer lab, billiard room, exercise room or dance to the music of Tony Summerhays. Scheduled programs listed below:

Weight Watchers --Join the Heritage Center Weight Watcher Group on **Thursday evenings at 5:00 PM** with group leader Kimberly Evans. **Cost of the 12 week program is \$116.** You may join the group at any time and members from other locations and Lifetime members are invited to join the group. For further information contact the Center at **801-264-2635.** ♦

Evening Social Dance -- Dance to the musical genius of Tony Summerhays each Thursday night from **7:00-10:00 PM.**

Cost of this activity is **\$4 per person.** Refreshments will be served during the break and door prizes will be given each week. Advanced registration is not required. Pay at the door.

Each dance is supported by a sponsoring agency which provides the refreshments and a door prize. In Jan & Feb, our sponsors were: Village Inn Murray & South Salt Lake, Olympus Ranch, Chuck-A-Rama, Marilyn Jordan, Tony Summerhays and Canyon Creek Senior Living.

Thank you all for your help with sponsorship. ♦



Remote Control Aircraft Club --The Ute Radio Control Association will meet at the Center on **Thursday, March 8 and April 12 at 7:00 PM** to share flying stories, display member's aircraft, review upcoming activities, and discuss items relating to the club's functions. Those interested in Remote Control Flight or aircraft of any type and pilots of any skill level are all welcome. The club meets on the second Thursday of every month. ♦

MISC...MISC...MISC...

Salute Village Inn

The Heritage Center would like to take this opportunity to say **Thank You** to the **Village Inn.** Both the South Salt Lake store and the Murray store have been donating pies to our evening social dance since July of 2011. The Murray store has also been donating pies to the Bingo program for as long as we can remember. There are not that many companies today that are willing to support their community like Village Inn. **The Heritage Center wants to acknowledge them for their community service and quality restaurants.** If you're looking for a place to eat out please consider the Village Inn. If you stop in be sure to let them know you are from the Heritage Center and appreciate their community spirit. It's a great place to enjoy a meal for just one person or your whole family. Thank you Village Inn.

I would like to share some Village Inn history with our readers. Village Inn is a casual dining restaurant chain located exclusively in the United States. Its restaurants are known for their upscale breakfast menu items, which includes butter-milk pancakes, skilletts, crepes, omelettes, and eggs. In addition to their breakfast offerings, they also feature a variety of salads, sandwiches, burgers, melts and dinner entrées. Their outstanding pies have won numerous awards from the American Pie Council. Village Inn supports the Heritage Center so please support Village Inn. ♦

CLASSES...CLASSES...CLASSES...CLASSES...CLASSES...CLASSES

Tuesdays at 12:45

Craft Day

A small group of seniors meet every **Tuesday at 12:45**. They all have great skills and knowledge of crafts and chat about things that are important in their lives. Newcomers are welcome. Bring your projects to share. ♦

Tuesdays & Thursdays 8:30-12:00

Ceramics

The ceramic class operates on **Tuesdays and Thursdays from 8:30 to Noon** and contains all the supplies and equipment you will need to produce knick-knacks, works of art, and functional pieces such as plates and bowls. The instructor, Cindy Mangone, has information for the beginner to advanced student.

The **cost** to participate is **\$1** each time you attend plus supplies. ♦

Monday, March 12 - 1:00

Skin Care Class

On **Monday, March 12 at 1:00** Beauty consultant, Diane Teece, will present beauty tips & makeup secrets for women of all ages. She will demonstrate the proper use of skin care products for bedtime and morning. You will learn the do's and don'ts of applying make-up.

Come pamper yourself and have fun. Sign up now at the front desk. **This is a FREE class.** ♦

Mondays - 10:30

Meditation

Meditation will be offered on **Mondays at 10:30 - 11:30. Cost is \$10 per month or \$3 per visit.**

Sometimes you just need to clear your mind and get a new outlook on life. A great way to start off your week is with a Meditation Class. Come join in and learn how to exercise your mind. Train your brain with strength training (focus) and flexibility exercises. Anna Zumwalt will be your guide. The class will give you the basics of meditation. ♦

Friday, April 6 - 9:00-10:30

New Session – Spanish Class

A six week conversational Spanish class for anyone wanting to improve their Spanish skills begins **Friday, April 6 at 9:00** and will run through **May 11**.

New and advanced students are welcome! If you want to refresh your Spanish, restore lost vocabulary and practice key phrases with other classmates, this is the class for you! Edie Andrew is an experienced Spanish teacher who will help you build and improve your skills. She is very capable of working with many different levels of students so do not fear that your skills are too limited or too advanced. Sign up now. ♦

Wednesday, April 4 - 9:00-12:00

New Session - Painting Class

A new 6 week session of the painting class starts **Wednesday April 4 - 9:00-12:00** and will **run through May 9**. The cost is \$30 and payment is needed in advance.

Teri Wood-Elegante is the new painting instructor. Teri has trained under some of the best masters in watercolor. She also will be teaching oils. ♦

March 26 or April 23

Driver's Safety Class

The AARP Driver's Safety class will be held **on Monday, March 26 or Monday, April 23 from 9:30 - 2:00**. Sign up now at the front desk.

The driver safety course is taught by a volunteer instructor for the American Association of Retired Persons. The course is 4.5 hours of classroom instruction that redefines existing skills and develops safe, defensive driving techniques. The cost of this class is \$12 for AARP members and \$14 for everyone else. The instructor will collect the fees at the start of the class. Bring your AARP membership card and valid driver's license. **Check with your insurance company to see what discount they will give you for attending this class.** If time allows, a safety check of each participant's car will be conducted. ♦

CLASSES...CLASSES...

Wednesday, March 21 - 1:00

Wednesday, April 18 - 1:00

Let's Talk

Come share your thoughts in the reading group. Books are available for check out at the front desk two weeks before each class. A \$5 donation per season is suggested to help mail books back.

Wednesday, March 21- 1:00

The Screwtape Letters by C.S. Lewis, 1942. Set in Great Britain around the time of WWII, this clever and trenchant book is cast in the form of letters from a senior devil to a much junior and far more bumbling devil, assigned to tempt a recent convert to Anglican Christianity. What would the devil make of such standard Christian doctrines as free will, faith, and the temptations of spiritual pride?

Wednesday, April 18 -1:00

Let Us Eat Cake: Adventures in Food and Friendship by Sharon Boorstin, 2002. Sometimes, the smallest things – the aroma of cookies baking, the feel of dough in one's hands – can trigger poignant food memories. For food writer and restaurant critic Sharon Boorstin, it was the discovery of a long lost notebook of recipes she'd collected from her mother, relatives, and friends that inspired her to reconnect with the loved ones of her past. With dozens of delicious recipes and vintage photos, this moving book will inspire readers to remember and cherish their own experiences with food, family, and friends. ♦

TRIPS...TRIPS...TRIPS...TRIPS...TRIPS...TRIPS

Monday, June 4 - 7

PLAN TO TRAVEL IN JUNE TO TUACHAN



It is time to clear your calendar and set aside a few days to travel to southern Utah and Nevada to spend two evenings at the **Tuacahn Amphitheatre & Center for Performing Arts**.

The shows for this season are *Aladdin* & *Hairspray*.

We will depart on **Monday, June 4** and stay three nights at the Casa Blanca Hotel in Mesquite, Nevada. We will also visit the Rosenbruch Wildlife Museum in St. George.

The cost is \$300(double occupancy) and **\$375** (single room) and will include transportation and baggage service, a box lunch enroute to Casa Blanca Hotel & Casino, one buffet dinner at the Hotel, three Casa Blanca breakfasts, two pre-show dutch oven dinners at Tuacahn, a trip to see the Rosenbruch Wildlife Museum in St. George and tickets to both musical plays.

Sign up for this trip begins **March 21 and seating is limited**. A **\$50 deposit** is required for each participant to register for the trip or you may pay the entire amount at that time. Full payment for all reservations must be received before **Friday, May 4** at 4:00 PM. Travelers may register for themselves and one other person. All major credit cards are accepted for in person or phone reservations. The trip itinerary and details will be available at the front desk. ♦



Three night stay at Casa Blanca Resort in Mesquite



Enjoy two shows at the Tuacahn Outdoor Theater located in Snow Canyon



Trip Tips



- You can reserve a spot for yourself and one other person.
- Payment must be made when making the reservation.
- Dress in layers so if you are cold on the bus and the majority are fine, you can put on you jacket.
- Bring a watch so you are aware of the time and then be back to the bus when instructed so others don't have to wait.
- Introduce yourself to others on the bus. You'll have a much better experience if you get acquainted with others and we have a fun group!

Travel with friends...

CENTER TRIPS



-- EACH PERSON MAY REGISTER FOR
THEMSELVES AND NO MORE THAN ONE
OTHER PERSON FOR EACH TRIP --

Wednesday, March 7 - 9:00

Tooele for Breakfast

Once again our Center bus will be headed to the Tooele Senior Center for the “**2nd Best Breakfast in Utah.**”

The bus will depart the Center at 9:00 A.M. on **Wednesday, March 7** and return about 12:30 P.M. **Cost is \$5** for transportation and the breakfast. Bus capacity limited to 20 participants. Sign up now for this trip. ♦

Thursday, March 15 - 10:00

Living Planet Aquarium



The Living Planet Aquarium, where you can come face to face with Gentoo Penguins, peer into the eye of a Giant Pacific Octopus and pet a stingray, has 1250 animals and 267 species on display in three main exhibits: Discover Utah, Ocean Explorer and Journey to South America.

The Center bus will depart on **Thursday, March 15** at 10:00 for the aquarium. We will stop for lunch at Five Guys Burgers and Fries (on your own) and return to the Center at about 1:30. **Cost** for this activity is **\$13**. You may register for this trip starting **March 2**, space is limited. ♦

Thursday, March 29 - 9:30

Natural History Museum of Utah



The Rio Tinto Center, home of the University of Utah's Natural History Museum of Utah, opened in November to rave

reviews.

The mission of the Museum is to illuminate the natural world and the place of humans within it and to showcase Utah's unique and extraordinary environments and celebrate its native peoples and cultures.

The Center bus will depart on **Thursday, March 29** at 9:30 for our second tour of the museum. We will stop for lunch at Crown Burger (on your own) and return to the Center at about 1:30. **Cost** for this activity is **\$10**. You may register for this trip starting **March 12**, space is limited. ♦

Thursday, April 5 - 8:30

Wendover & Rainbow

Travel to Wendover on **Thursday, April 5** and enjoy a day at the Rainbow Casino. A chartered bus has been scheduled for the trip and the **cost is \$17** per person and includes transportation, a bonus package from the casino, a buffet luncheon, and free bingo on the bus. Depart the Center at **8:30 am** and return at approximately **7:00 pm**. ♦

Friday, April 13 - 9:00

Golden Dragon Acrobats-Kingsbury Hall

The Golden Dragon Acrobats have become the world's leading Chinese acrobatic troupe, representing the best of a time-honored tradition that began more than 25 centuries ago. Whether dangling high above the stage or simultaneously spinning 100 plates on bamboo sticks, these performers know how to make the impossible appear effortless.

The bus departs the Center on **Friday, April 13** at 9:00 A.M. for the 10:00 performance. **Cost** is **\$5** and sign ups begin **March 26**. ♦

Thursday, April 26 - 12:30

Tulip Festival

Welcome spring and enjoy all the colors of the rainbow spread throughout nearly 100 different varieties of 250,000 tulips. The Tulip Festival at Thanksgiving Point is an awe-inspiring sight that is redesigned each year to create a new display. Mother Nature is in charge of the show.



The Center bus will leave at **12:30** and return about 3:30. The cost is \$14 and includes transportation and ticket. You can register for this trip beginning on **April 6**. ♦

SERVICES...SERVICES...SERVICES...SERVICES...SERVICES...SERVICES

Fridays, 12:00-4:00

Massage Therapy

Massage Therapy continues on **Fridays from 12:00-4:00**. Appointments are required and can be made up to two weeks ahead of time. The cost is \$9 for fifteen minutes, \$18 for a half hour, and \$36 for an hour. Payment is due when you make the appointment. If you cannot make your scheduled appointment time, cancellations must be made 24 hours in advance for a refund.

Thelma L. Baker is a licensed massage therapist specializing in therapeutic massages. You can choose from a hand massage, a foot massage, a seated neck and back massage, or a full body massage. If you have a more specific request, please ask Thelma. She may be able to accommodate you. ♦

Scholarship Program

In an effort to enable all senior adults access to Center programs, activities, and meals at the Heritage Center regardless of their ability to pay for services, a Heritage Center Scholarship Program is available. The scholarship provides \$50 per month to an individual to help pay for Center activities. The program is made possible by donations.

In order to be eligible for the Scholarship Program, you must prove a financial need and meet certain criteria. Applications are available at the front desk or from the Center Director. ♦

Wednesday, March 14 or April 11

Attorney Consultations

An attorney will be available for free 20 minute legal consultations on **Wednesday, March 14 OR April 11 from 11:00-1:00**. Appointments are needed and are made at the front desk.

Senior Center Legal Clinics, are a pro-bono program sponsored by the Utah State Bar Committee of Law and Aging. Volunteer lawyers will consult with you, advise you, or attempt to refer you to other sources of help but they will not attempt to represent you. Bring any documents and forms pertaining to your question. ♦

Tuesdays from 9:00-12:00

Barber Shop is Open

The Center offers haircuts for men and women on **Tuesday** mornings from 9 to noon. Cost of this service is \$8. Only haircuts and trims are being offered at this time. The barber is Lisa Kesler who has many years of experience cutting hair.

Haircuts are scheduled by appointment, every 20 minutes, starting at 9:00. Appointments and payment are required in advanced. Cancellations need to be made 24 hours in advance for a refund. ♦



Newsletter Subscription

Pick up a newsletter at the front desk (.75¢ donation). Newsletter Subscriptions are available for \$18 per year and are mailed to your home. Or, view the newsletter online at www.murray.utah.gov (Department-Heritage.)

The newsletter is also emailed to anyone who has a participant card and has given the Center a current email address. ♦

Wednesdays - 1:00 - 4:00

Free Tax Assistance

Volunteers from AARP will be providing free tax consultation and preparation for tax payers with middle and low income, with special attention to those ages 60 and older. This free and confidential service will be available each Wednesday until April 11. Appointments are required and can be made up to two weeks in advance. ♦

Hats for the Homeless

Hats for the homeless are still needed. The Road Home Shelter is inundated with men, women, and children looking for a refuge from the cold and need warm clothing. The hats help many people stay warm.

The Center has a bin in the lobby for donated hats. It does not matter whether hats are hand knitted or made on a loom. Thanks to all who have been supporting this project over the years. Yarn is needed! Donate at the front desk. ♦

Heritage Center Volunteer - Carol Meyers

The Heritage Center is proud to announce the April volunteer of the month, Carol Meyers. Carol has been developing the “New Learn Bridge Program” for nearly two years. She is a very enthusiastic teacher; she has found several bridge books that have enabled her new students to understand the many concepts of Bridge play. Carol is always trying new ways to enhance her students experiences to have fun, and share her knowledge.



Born on April 10, 1937, at the Lying Inn Maternity Hospital. The original building still stands in downtown Philadelphia. Her dad was born in Hungary and came through Ellis Island when he was three years old. Her mom was born in Lancaster, PA. and they had two children, Carol and her brother. Growing up in a great Philadelphia neighborhood gave her a great sense of neighbors, friends, and family. She recently traveled to her old neighborhood. The neighborhood children were known as the “The Back Alley” kids. They lived in Row Houses, they knew everyone, and took care of each other. As a child her mother believed in taking classes; throughout her childhood Carol took many. When Carol was 12, her mother was her first bridge teacher. Today Carol is carrying on that tradition as a great Bridge instructor.

After completing high school she trained as a laboratory technician and later obtained medical secretary credentials. Carol has two children, and 13 grandchildren. She has been married to Jim for the last 32 years.

Carol has moved many times in her life, including 20 years in California before coming to Utah. When Carol found the Heritage Center, she knew she found a new home. She enjoys Line Dancing, Red Hatters, and the Bridge Group which she has been supporting at the Center for many years. Thank you Carol.

The Heritage Center will honor Carol on April 11 before lunch. Please mark your calendar to share this time with her. ♦

Coming May 10

Shredding Event

The Department of Aging and Adult Services is offering free document shredding for seniors.

The shredding company is one that the Department of Aging and Adult Services works with and have utilized many times in the past. They are safe and reputable. This is a free service, so get your items ready to bring with you on **Thursday, May 10** from 2:00-4:00.

Thank you to Salt Lake Aging for helping with this service. Your tax dollars work! ♦

Also coming in May

High Tea for Mother's Day

It is “HIGH Time” for tea! Join us **Thursday, May 10** for a very special Mother's Day High Tea at 11:30. Complete details on this popular event will be in the April newsletter. Plan to bring your favorite tea cup, some friends, and enjoy a meal “family style.”

You will be able to make your table reservation and reserve up to 8 spots if you'd like. Watch for information on the menu, cost, and sign up date in next month's newsletter insert. ♦



Volunteer Gardener Needed

The Center has a grow box in the backyard and we would like to plant it with fresh vegetables and herbs to use in the meal program. The Center will provide all of the supplies but we need a willing volunteer(s) to help maintain the small garden. See Susan if you interested. ♦

Salad - \$2

1/2 Sandwich - \$2

Whole Sandwich - \$3

Combo - 1/2 Sandwich & Salad - \$3

***Fill out order form
at front desk**

MARCH 2012

Heritage Center Menu

Make reservations by 12:30 the day before by calling **801-264-2635**

Lunch served at Noon. Purchase tickets by 11:50 a.m.

Cost is \$3.00 for persons 55+ Coffee .50

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>*Optional Salad, Sandwich, or Soup orders do not need advance reservations, however, the order needs to be placed at the front desk by 11:30 so the kitchen has time to get them ready by noon. Thank you.</i></p>			CRUSTED CHICKEN in Honey Mustard Baked Potato Vegetables Toffee Crunch Cupcakes or Fruit ¹	COCONUT CHICKEN OR SHRIMP Curried Couscous Green Salad Cherry Ginger Cookies or Fruit ²
No lunch ⁵	CHICKEN EGG DROP SOUP Ramen Slaw & Roll Ginger Cheesecake or Fruit ⁶	GLAZED SAUSAGE KEBABS Red Beans & Rice Roll Birthday Cake and Ice Cream ⁷	MARINATED STEAK in Honey Ginger Sauce, Asparagus, Rice Pilaf, Roll, Cookies or Fruit ⁸	BAKED SPAGHETTI Caesar Salad Breadstick Snickerdoodle Blondies or Fruit ⁹
No lunch ¹²	STUFFED BELL PEPPERS Tomato Salad Roll Spumoni Cookies or Fruit ¹³	LEMON CHICKEN AND RICE SOUP Broccoli Salad & Roll Pineapple Whips or Fruit ¹⁴	BRINED PORK TENDERLOIN Roasted Potatoes, Veggies and Roll White Chocolate Cookies or Fruit ¹⁵	IRISH BEEF PIE Baked Cabbage Roll, Irish Cream Chocolate Mousse Cake or Fruit ¹⁶ <i>**Vegetarian Pie Option Available Upon Request</i>
No lunch ¹⁹	TURKEY FETTUCCINE Green Salad, Garlic Toast Fruit Pizza ²⁰	MEATLOAF Mashed Potatoes and Gravy, Peas, and Roll Coca-Cola Cake or Fruit ²¹	ITALIAN WEDDING SOUP Green Salad Breadstick Lemon Raspberry Cupcakes or Fruit ²²	CARIBBEAN TUNA CASSEROLE Bean Salad & Roll Iced Banana Bread or Fruit ²³
No lunch ²⁶	TUSCAN SOUP Caesar Salad Breadstick Lemon Cream Tart or Fruit ²⁷	SWEET & SOUR PORK LOIN Vegetable Fried Rice, Cabbage Slaw, Berry Oatmeal Crumble or Fruit ²⁸	PEANUT CHICKEN Rice, Veggies, Roll Butterfinger Blondies or Fruit ²⁹	JUICY BURGER OR FISH SANDWICH Oven Fries, Veggie Sticks, Pudding Parfait or Fruit ³⁰

Salad - \$2

1/2 Sandwich - \$2

Whole Sandwich - \$3

Combo - 1/2 Sandwich & Salad - \$3

Fill out order form

at front desk

APRIL 2012

Heritage Center Menu

Make reservations by 12:30 the day before by calling **801-264-2635**

Lunch served at Noon. Purchase tickets by 11:50 a.m.

Cost is \$3.00 for persons 55+ Coffee .50

Monday	Tuesday	Wednesday	Thursday	Friday
2 No lunch	3 ROAST BEEF French Potato Casserole Veggies and Roll Bananas Foster or Fruit	4 CHEDDAR BROCCOLI SOUP 1/2 Chicken Sandwich Birthday Cake and Ice Cream or Fruit	5 CHOPPED CHEF SALAD Apple Cobbler or Fruit	6 FIESTA LIME CHICKEN Rice and Green Salad Flan or Fruit **Fish available on request
9 No lunch	10 MANGO CHILAQUILES (CORN TORTILLIA) CASSEROLE Cilantro Salad Cheesecake Brownies or Fruit	11 GARLIC AND PAPRIKA ROAST CHICKEN Mashed Potatoes Veggies, Roll, Berry Napoleons or Fruit	12 BAKED CHICKEN Potatoes Escarole and Roll Death by Oreo Cupcakes or Fruit	13 BEEF AND BARLEY SOUP Carrot Salad & Roll Sugar Cookie Rice Krispies or Fruit
16 No lunch	17 FETTUCINE WITH BACON AND CREAMY SPINACH Green Salad Breadstick Pavlova or Fruit	18 SWEDISH MEATBALLS Brown Rice Veggies and Roll Fluffernutter Cupcakes or Fruit	19 GINGER CARROT SOUP Grilled Cheese Sandwich and Slaw Maple Yogurt Cake or Fruit	20 BBQ CHICKEN Macaroni Salad Fresh Fruit Chocolate Peanut Butter Cup Cookies or Fruit
23 No lunch	24 HAM AND BEAN SOUP 1/2 Sandwich Fruit and Banana Bacon Cake	25 PECAN CHICKEN Macaroni and Cheese Vegetables Texas Sheetcake or Fruit	26 PORK CARNITAS Green Salad Sherbet Citrus Floats or Fruit	27 POT ROAST Mashed Potatoes and Gravy, Green Beans and Roll Raspberry Truffle Brownies or Fruit
30 No lunch				